Claims: What I claim as my invention is:

- [*1] A battery operated self heating thermal container for food or drink comprising:
 - a)A cylindrical inner metal receptacle affixed to a cylindrical outer receptacle allowing for an interior area between the two said receptacles to house integral heating coils, main power cord and battery compartment.
 - b)An outer cylindrical top cap to seal the outer bottom receptacle.
 - c)An inner sealing cap to secure the contents of the inner metal receptacle.
 - d)Threads along the top of the outer bottom receptacle to fasten with the threads of the outer top cap.
- [*2] The self heating thermal container of claim 1 comprising:
 - a)Integral heating coils wound and affixed to the inner metal receptacle that receive energy from the main power cord connected to the power conductor.
- [*3]Integral heating coils comprising materials of heat conducting copper and alloys.
- [*4]Inner sealing cap comprising:
 - a)Steam heat release valve allowing for release of steam heat pressure from contents

of the inner metal receptacle while contents are in the heating process and cylindrical tabs to allow for securing steam heat valve to the inner sealing cap to allow proper positioning of the steam heat valve to the open position this allows the steam heat chamber to conduct steam heat through steam heat valve opening.

b)Threads along the bottom of the inner sealing cap to join with threads along the inner top parameter of the cylindrical opening at the top of the inner metal container.

[*5] The self heating thermal container of claim 1 comprising:

- a)Battery compartment and a battery compartment lid accessible at the bottom of the outer receptacle allowing for a secure area to contain the energy source for heating coils with an On/Off sliding switch also accessible at the outer bottom receptacle to manually power the battery energy.
- b)A battery adapter to connect a battery located at the interior of the battery compartment.
- c)Negative and positive power cords connected to the battery adapter that conduct energy from the battery to the power conductor of which the said cords are connected to.

[*6]The self heating thermal container of claim 1 comprising materials of heat safe plastics

for outer bottom receptacle, inner sealing cap, and outer top cap.